

ANGER

What is it?

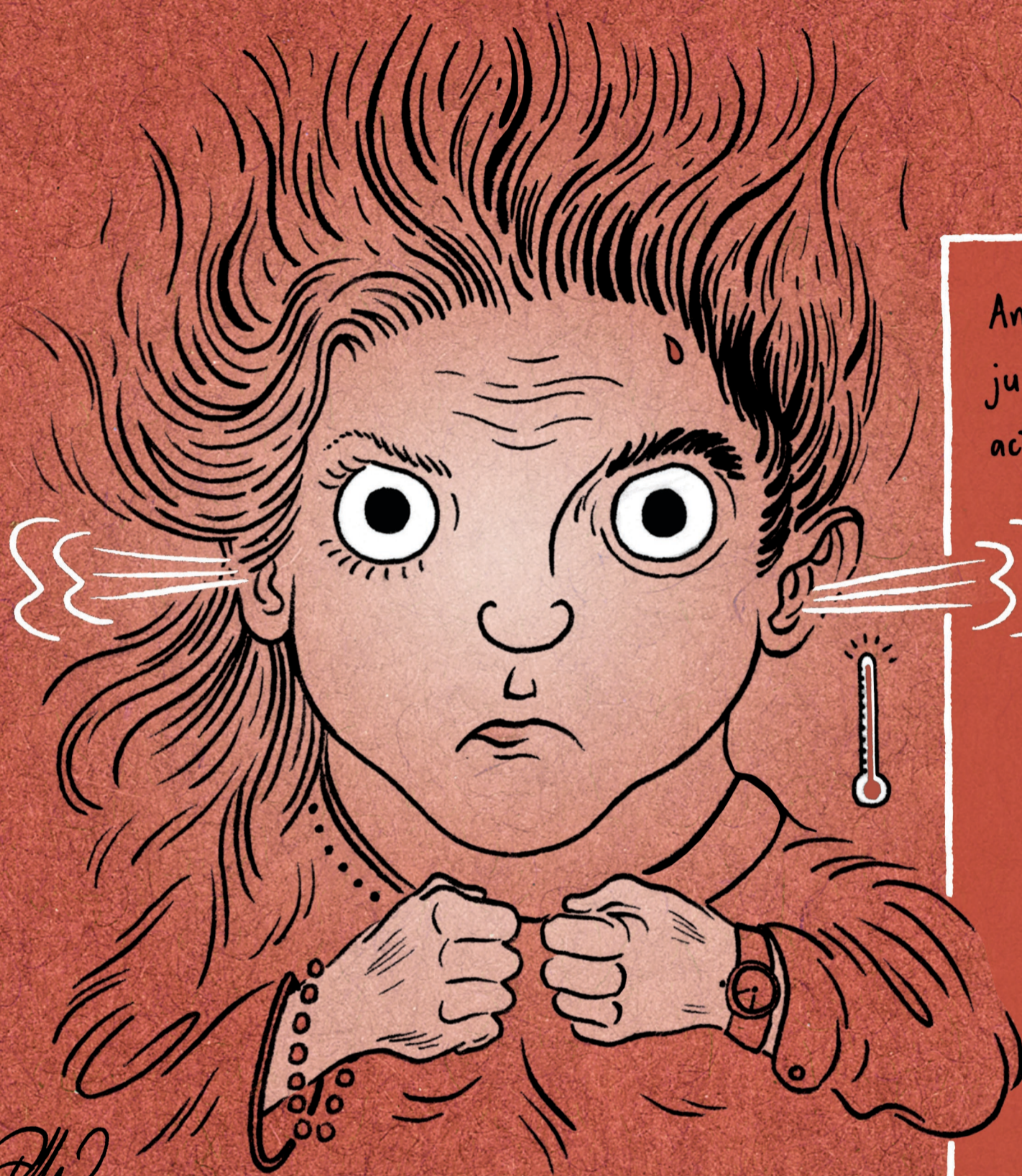
An emotional reaction that happens when you feel frustrated, judged or feeling like you are being treated unfairly. An act on yourself or others. Feeling like you have lost control.

What does it look like?

Getting into fights or arguing.
 Creating problems for yourself or others.
 Fast racing heart beat.
 Joints clenched.
 Breathing faster than normal.
 Physical violence.
 Cannot keep still.
 Emotional distress.

How to deal with it?

- Identify what you do when it happens.
- Look for the warning signs.
- Learn to walk away.
- Try slow breathing exercises; counting exercises 1-10.
- Get into a good sleep routine.
- Talk to someone about your anger issues.
- Listen to music.
- Take time out.
- Find something calm and relaxing to do that you enjoy.
- Eat well.
- If things don't improve, contact your GP.



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